

# Know *Your* Numbers

**Here at Health Net** we recognize that it's important for you to stay healthy and well. So we want to help you get started on the path to healthier living.

## *Know your heart-healthy numbers, get rewarded*

One of the best ways to get started is to get a health screening to know your heart-healthy numbers. A health screening checks blood pressure, cholesterol, body mass index, and blood sugar – important “numbers” that can help you identify possible health risks and prevent minor concerns from becoming more serious problems.

- Now through February 29, 2012, get your health screening at any MinuteClinic, at on-site clinics at larger CVS Caremark locations, or from your primary care physician.
- There's no cost to you. Your individual results are 100% confidential and are never shared with CVS Caremark.
- By completing the health screening, you'll save \$180 on your 2012/2013 medical coverage costs. You'll also earn 8 Wellness Credits.

If you have your screening at a MinuteClinic or at an on-site screening, your numbers will automatically be entered into your Wellness Review within three weeks. **If you visit your primary care physician, fill in the form on the back with your results.** Everyone's next step is to complete your Wellness Review at [www.cvscaremarkwellnessreview.com](http://www.cvscaremarkwellnessreview.com) within 90 days of your screening.

## *Reducing your risk factors*

We hear all the time how Americans are living unhealthy lifestyles, resulting in serious health problems.

Nearly 20–25% of the U.S. population has something called metabolic syndrome. This is a combination of three or more risk factors that, if left unchecked, increases your risk for diabetes, heart disease, and colon, prostate and uterine cancers.



With Health Net wellness programs and resources, like Decision Power®, you can get help to reduce your risk. Health Coaches are available every day by phone to give you guidance and support with any and every health question.

For more information, contact the Health Net Customer Contact Center at **1-888-893-1598**, Monday through Friday, 8:00 a.m. to 6:00 p.m. Pacific Time.

(continued)

Pam White  
Health Net



As a Health Net member, you can also get more information about Decision Power and online wellness programs by logging on to [www.healthnet.com/cvscaremark](http://www.healthnet.com/cvscaremark).

## Primary Care Physician (PCP) Health Screening Form

### CVS Caremark Better by Numbers

Bring this form to your PCP to record your health screening results.

#### Patient Information

Name (last, first, middle initial)

#### My Health Screening Results

Date of Results	Health Screening Measurement	My Health Screening Values	
	Blood pressure	mmHg	
	Total cholesterol	mg/dL	
	HDL cholesterol	mg/dL	
	Body mass index (BMI)		
	Blood sugar	Fasting: <input type="checkbox"/> Yes <input type="checkbox"/> No	mg/dL
	HgA1c (only if patient has diabetes)	%	

CVS Caremark reserves the right to verify that the date of your visit was between 1/1/2010 and 2/29/2012.

#### Participant information:

- To earn the Wellness Incentive, your health screening must have been performed after January 1, 2010.
- The deadline for submitting your results is February 29, 2012.
- To earn your 2012/2013 Wellness Incentive, you need to enter your results into your Wellness Review at [www.cvscaremarkwellnessreview.com](http://www.cvscaremarkwellnessreview.com) and then click on *My Wellness Actions Questionnaires* and complete the *Better by Numbers* Health Screening.

Please note that due to state regulations, health screenings are not available at MinuteClinic locations in Maryland and Massachusetts. If you live in either of those states, you can get a screening from your primary care physician (PCP).

You have access to Decision Power through your current enrollment with Health Net of California, Inc. Decision Power is not part of Health Net's commercial medical benefit plans. Also, it is not affiliated with Health Net's provider network and it may be revised or withdrawn without notice. Decision Power services, including Health Coaches, are additional resources that Health Net makes available to enrollees of Health Net of California, Inc.

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